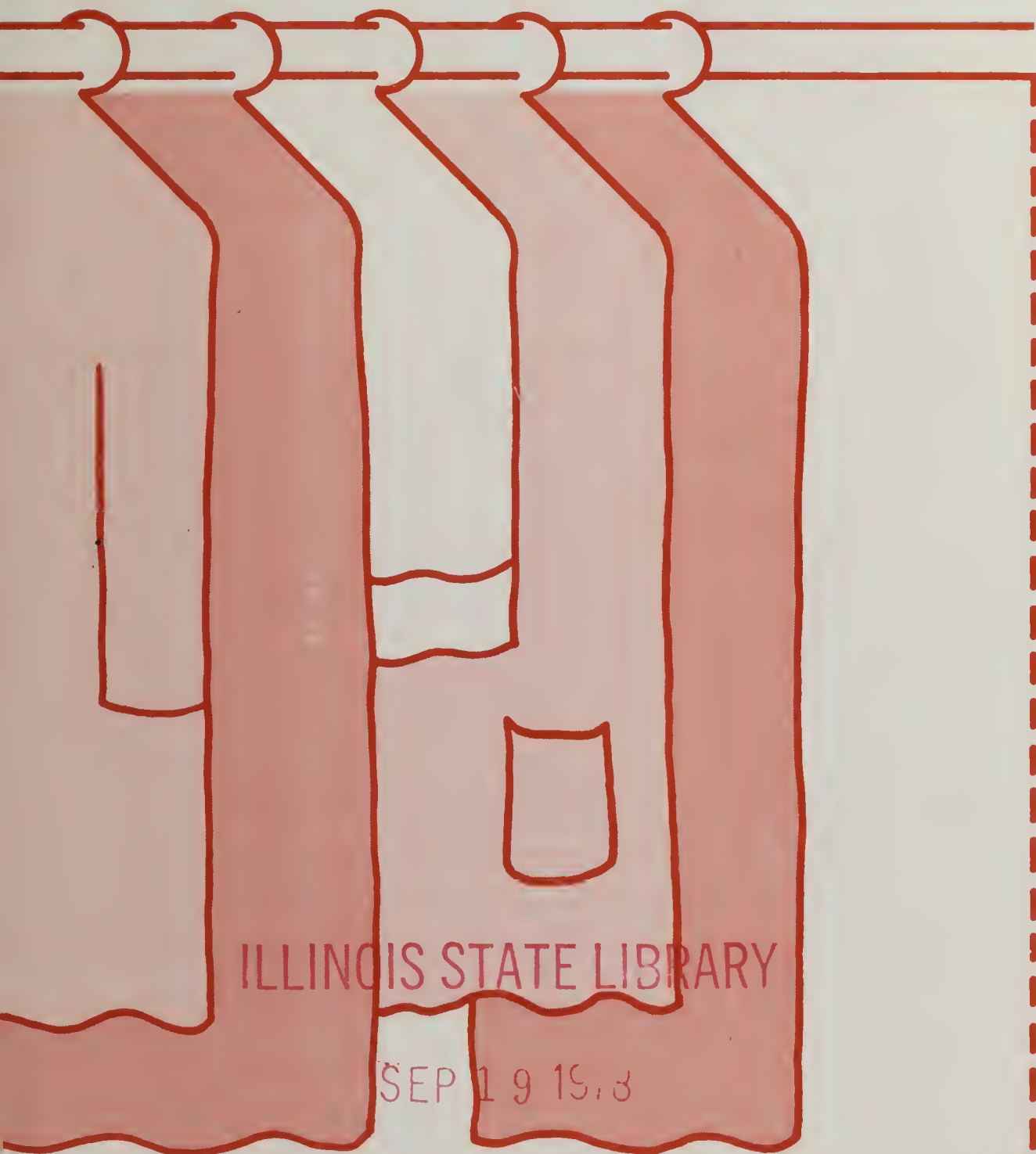


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Choosing Maternity Wear



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Women want to feel comfortable and look good while they are pregnant. So, choosing maternity wear is important.

Costs can be cut if maternity clothes are made of easy care fabrics. Because these fabrics can be laundered quickly, you do not need many maternity clothes.



Selecting Underwear

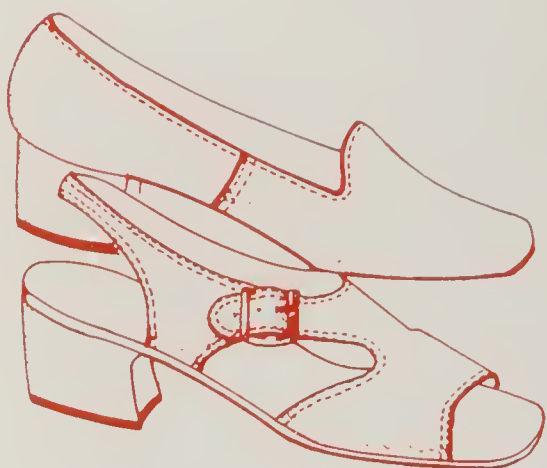
You can buy or make slips with stretch features that allow for expansion.

A maternity bra is a little fuller and more comfortable than a regular bra. Some doctors suggest wearing this special bra, but some do not. Talk about this with your doctor.

Choose leg wear that is comfortable. Garters or rolled stockings cause swollen legs and sore feet because they are tight. Wear elastic support hose only if your doctor agrees.

If you wear a maternity girdle, it should give the right support and be comfortable. Maternity girdles support the baby from below without pressing. They support your back and relieve strain. Girdles that are tight or do not fit well are dangerous to you and your baby. Make sure your doctor approves of any girdle before you wear it.

These easy care undergarments can be laundered often.



Deciding on Footwear

Feet and legs tend to become swollen during pregnancy. The right kind of shoes can help prevent aching feet. Firm, well made shoes give the best support. Heels should be wide and of low to mid-height. High heels might cause a fall.

Feet perspire more than usual during pregnancy. Shoes made of leather, fabric or other material that “breathes” or allows air to pass through will be most comfortable.

Flimsy slippers and worn out shoes do not support the feet. They can cause falls, sprained ankles and other mishaps.

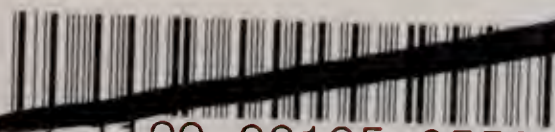
Careful choice of maternity clothes is important for health, safety and good looks.

Looking for Clothing

Clothing is expensive. So it is wise to choose garments that can also be worn after the baby is born. You can wear some clothes through all seasons. For example, you can wear a jumper alone, with a blouse or with a sweater. Tops, pants and a skirt that go together provide outfits for all occasions.

Usually, maternity clothes are not worn out. Friends and relatives may have garments you can use. Or, you can often find good buys at garage sales and thrift shops.

When selecting maternity clothes, **avoid** tight bands around the waist that are uncomfortable and restrict the baby's movement. Full, flowing clothes are best and look the prettiest.



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